

smoke**free** **ZONE**



A Special Newspaper In Education Supplement
from The Providence Journal in conjunction
with the Rhode Island Department of Health.

NIE
The Classroom Newspaper

The Providence Journal
www.projo.com/nie

RI Dept. of HEALTH

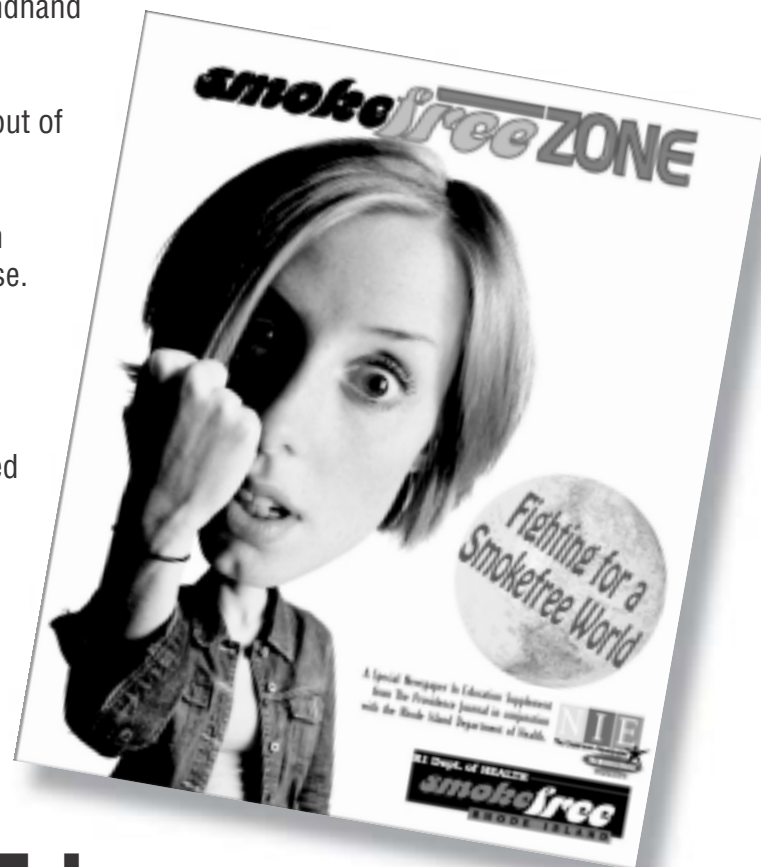
smokefree****

RHODE ISLAND

Rhode Island's Tobacco Problem

- Tobacco is the number one preventable cause of death in the United States. Tobacco is responsible for 1 out of every 5 deaths each year in Rhode Island. That's 1,800 killed by active smoking, and 200 killed by secondhand smoke.
- There are just under 200,000 adult smokers in Rhode Island. That's almost 1 out of every 4 adults.
- The economic cost of tobacco is staggering. Rhode Island spends \$396 million every year in medical costs to take care of people who get sick from tobacco use. These people have heart attacks, strokes, they get cancer and emphysema and many other medical problems caused by smoking.
- Annual spending by tobacco companies for advertising and promotion in Rhode Island increased from \$24 million to \$35.7 million in 2000, and increased to \$40 million in 2002.

The Providence Journal, in conjunction with the Rhode Island Department of Health, has created this 16-page newspaper educational supplement to create an understanding of the dangers of tobacco.



You Can Help Reduce the Harm of Tobacco

Did you know it's against the law to sell tobacco to minors (under 18 years of age)? Illegal sales to minors should be reported to the local police department. You can make sure your parents are aware of this.

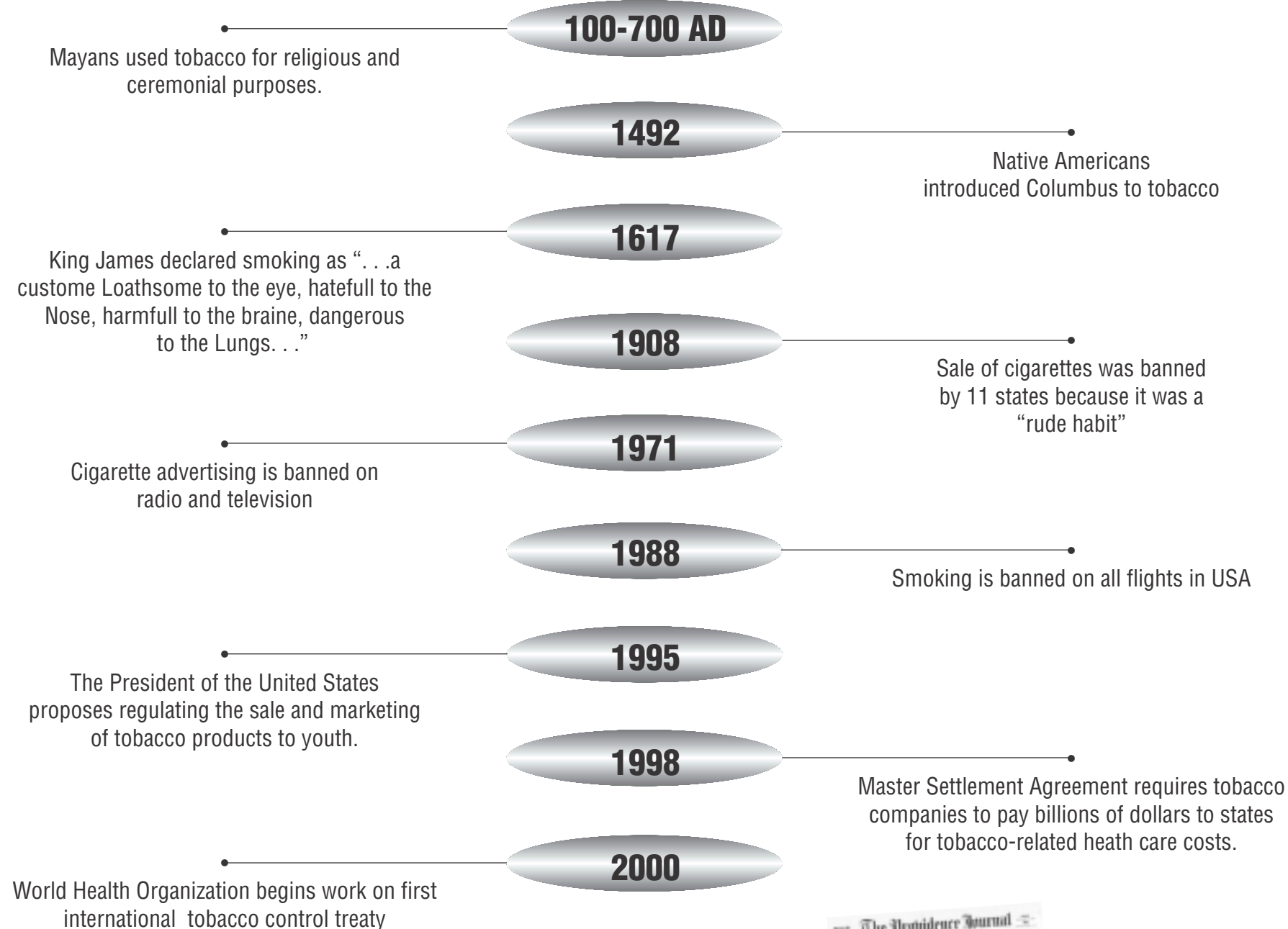
After you discuss this guide with your teacher, classmates and parents, spread the word about tobacco's harm in groups you belong to and places you go. Don't sit in the smoking section of restaurants. Educate people about adopting smokefree policies for their homes, cars, businesses, and in all public places.

If you know someone who smokes, you can tell them about the 1-800-Try-To-Stop (1-800-879-8678) quitline, and for the hearing impaired, call 1-800-TDD-1477. If you know someone who speaks Spanish and they want to quit smoking, tell them to call 401-728-5920. The best thing you can do for someone you care about is encourage them to quit smoking.

And one last thing, don't let your dreams go up in smoke.



The Tobacco Timeline



Using the information above and pages from **The Providence Journal**, make a “**timeline collage**” as a classroom activity.



Secondhand smoke – It’s not just the smoker who gets hurt

Q. WHAT IS SECONDHAND SMOKE?

A. Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke exhaled from the lungs of smokers. Secondhand smoke is also called environmental tobacco smoke (ETS); exposure to secondhand smoke is called involuntary smoking, or passive smoking.

Q. WHAT IS SECONDHAND SMOKE MADE UP OF?

A. Secondhand smoke contains over 4,000 chemicals that include ammonia, arsenic, carbon monoxide, formaldehyde, hydrogen cyanide and methane. More than 40 of these chemicals are known to cause cancer in humans and/or animals and many of which are strong irritants.

Q. WHAT HARM DOES SECONDHAND SMOKE DO?

A. Secondhand smoke causes serious respiratory problems in children, such as asthma attacks and lower respiratory tract infections. Secondhand smoke exposure increases the risk for sudden infant death syndrome (SIDS) in children. In the United States, each year between 7,500 and 15,000 infants are hospitalized as a result of such diseases. Children are more at risk than adults because they breathe two to three times more pollutants for every pound of body weight than adults do.

Q. WHAT IS THE IMPACT OF SECONDHAND SMOKE?

A. Secondhand smoke kills about 53,000 Americans a year.

Q. HOW MANY CHILDREN IN RHODE ISLAND ARE AFFECTED BY SECONDHAND SMOKE?

A. In Rhode Island, smoking takes place in 92% of homes with children, exposing over 53,000 children to the deadly effects of secondhand smoke.



HEALTH ALERT

The Rhode Island Department of Health strongly recommends to parents not to take children into restaurants that allow smoking.

Tobacco Smoke is Hazardous to the Health of Children

Patricia A Nolan, MD, MPH
Director of Health



What is in secondhand smoke?

Cigarette smoke contains over 4,000 toxic substances. In addition to the chemical stimulant nicotine, some of the substances found in secondhand smoke include the following — many of which cause cancer:

- ARSENIC (a poison)
- ACETIC ACID (a hair dye)
- ACETONE (nail polish remover)
- AMMONIA (household cleaner)
- BENZENE (rubber cement)
- CADMIUM (in batteries and artists oil paints)
- CARBON MONOXIDE (poison gas)
- FORMALDEHYDE (embalms dead bodies)
- HYDRAZINE (in jet and rocket fuels)
- HYDROGEN CYANIDE (poison used in gas chambers)
- NAPHTHALENES (in explosives, in moth balls, paints)
- NICKEL (for electroplating)
- PHENOL (for disinfectants and plastics)
- POLONIUM (radiation dosage, equal to 300 chest x-rays in one year)
- STYRENE (in insulation materials)
- TOLUENE (embalmers glue)
- VINYL CHLORIDE (in garbage bags)



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Rhode Island Youth Facts

Fewer Youth are Trying Cigarettes

The number of young people who have ever tried tobacco, even just a puff, went down from 69% to 60% between 1997 and 2001.

Youth Smokers Want to Stop

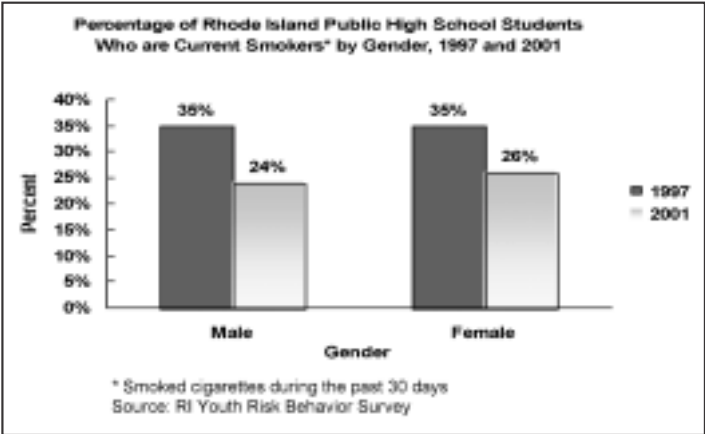
Six out of 10 high school students who smoke want to stop. A large percentage have even attempted to quit, many at least twice.

Youth Have Learned About the Risks of Tobacco

- 92% of high school age youth believe that people can get addicted to tobacco — just like cocaine or heroin. And they’re right!
- 89% think young people risk harming themselves if they smoke between 1 and 5 cigarettes a day. And they’re right!
- 93% think smoke from other people’s cigarettes is harmful. And they’re right too!

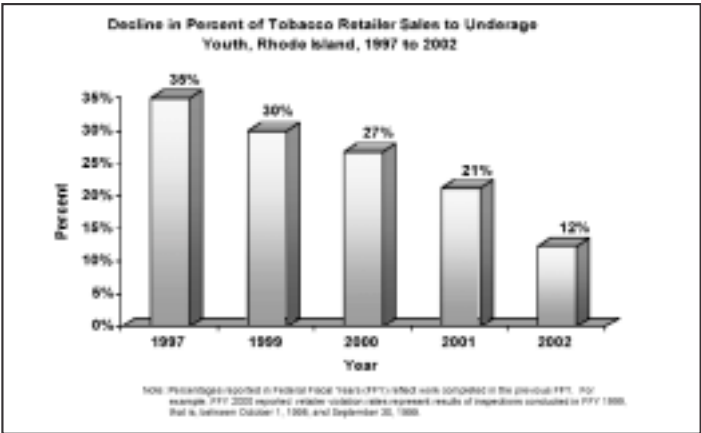
Rhode Island Youth Smoking has Dropped

Smoking dropped from 35% in 1997 to 25% in 2001 among high school age youth.



Fewer Youth are Able to Buy Cigarettes

Retailer sales to underage youth have declined from 35% in 1997 to 12% in 2002.



As a classroom activity, form groups of five people and each of you take one question and see if you can come up with the correct answer.

PROTECTING NONSMOKERS

1. In a statewide survey in the year 2000, what percentage of non-smoking Rhode Islanders do you think said they want all public places, including restaurants to be smokefree?
49% 64% 73% 87%
2. In the same survey, what percentage of smokers said they want all public places to be smokefree?
49% 60% 70% 85%

LAWS PROTECT PEOPLE FROM SECONDHAND SMOKE

3. What year was the Rhode Island Smokefree Schools law passed?
1990 1993 1995 1998
4. How far away from your school do smokers have to go?
10 ft. 25 ft. 50 ft. 100 ft.
5. Who do you think is supposed to enforce the smokefree schools law?
Principal Teachers School committee Police

(Answers: 1. 87%; 2. 60%; 3. 1993; 4. 25 ft.; 5. School committee)



What Is Advocacy?

Advocacy is a way to make a difference in your community, state, and even your country. It is also a great way to learn more about where you live, your government, and issues that are important to you. It can involve many different activities from letter writing and gathering signatures for a petition, to organized protests, media activities and testifying for local governments.

What Are The Benefits of Being A Youth Advocate?

- You can become an authority on issues of importance to you.
- Youth involved in advocacy activities often learn that their elected officials will listen to them if they are knowledgeable, articulate, persistent and passionate about their ideas.
- You can affect change in your school, your local community, your state and even at the national level.
- Advocacy is a fun way to learn good communication skills that can help you for life.
- It's a hands-on way to learn how the legislative system works.
- Youth involved in advocacy activities gain valuable experience and recognition from peers, teachers, parents and community leaders.

How Can You Be An Advocate?

Exercise your power for tobacco control! You can make a difference in your community. Organize friends, family, and younger children to help you achieve some of the following changes:

You can

- promote the increase of state and federal excise taxes on tobacco products
- demand smokefree public places, including schools, sports arenas, restaurants and malls
- require enforcement of laws prohibiting tobacco sales to anyone under the age of 18
- work to eliminate cigarette vending machines
- support restriction on tobacco advertising and promotions (billboards, special promotional items and tobacco sponsorships)

Steps to take

- identify the important issues in your community
- identify who you need to contact to affect change
- develop effective strategies such as letter writing, petitions, presentations, etc.

To be part of the solution for a smokefree world, call Sally at 401.222.7624 or Marianela at 401.222.7630 at the Rhode Island Department of Health.

For performances at your school, contact the following:

DANCE: Everett Dance Theatre — 401.831.9479
 RAP: AS220 Broad Street Studio — 401.467.0701
 THEATRE: Looking Glass Theatre — 401.331.9080
 SKIT: East Providence DICE — 401.435.7517



**Using The Providence Journal,
 find examples of advocacy. What is the main
 objective about the advocate/group you found.
 Share what you find in a group discussion.**



Sarah Conklin

Sarah Conklin was 13 years old when she testified before a legislative subcommittee to ban smoking in restaurants in Rhode Island. Today she is 19 years old, taking a year off before going to college, and interning in Governor Donald Carcieri's office. She plans to major in political science in college and hopes to have a career in politics.

Sarah gives us her thoughts on what it takes for youth to get involved in making laws and making important decisions about the future. Sarah tells her story and encourages young people to GET INVOLVED!

Q. What got you started as a smokefree advocate?

A. My grandfather died from emphysema. After he died, I decided to work on a school project where I polled restaurant wait staff regarding smokefree policies. State Representative Larry Ferguson, who was also one of my teachers at Barrington High School, helped me draft legislation. Then I testified before the legislative committee.

Q. Was it difficult for you to testify in front of all those people?

A. Not really. I didn't even think about that. I was just so motivated to make sense of what happened to my grandfather and try to protect other people. The greatest thing was that several weeks after the hearing a man came up and told me that he quit smoking because he wanted to be around for his grandchildren.

Q. You've been recognized nationally for your efforts, haven't you?

A. I was named 1999 Advocate of the Year by the Campaign for Tobacco Free Kids. I was also given the Peter J. Murray Service Excellence Award by the American Lung Association of Rhode Island.

Q. Was all of this a learning process for you?

A. Absolutely. I learned that one person truly can make a difference and I want young people to know that you have a larger voice than you think. I was also very fortunate to have adults and teachers who challenged and encouraged me and worked with me.

Q. Do you have any advice for youth?

A. I just want young people to know that you can achieve things. If you can find someone willing to work with you, it can be a life-changing and life-saving experience. There are opportunities out there for you to get involved and it will open doors for you. Some adults won't take you seriously and won't treat you as an equal, but if you're passionate about what you're doing and can make it a personal issue, you can persuade people. They will listen to you.

The most important thing is that I want to urge youth to get involved. We can be proactive in the world that we live in, and the future is truly in our hands. We are the future leaders of this nation, and we must get a jumpstart on issues that are important to our safety and well-being.



Above: Sarah with Al Franken who presented her with the award.
 Right: at a youth smokefree rally.



*Smoke***free** ZONE

Athletes at every level train hard to be the best they can be. One thing they don't do is use tobacco or any other drug. Do you know the effect of tobacco use on your lungs, your stamina, your heart? Do you know that tobacco use affects the level of oxygen in your blood? If you're an athlete, or you aspire to be one, using tobacco will kill that dream.

Here are a couple of local athletes who can tell you the score on smoking.



Anthony Petrarca

Anthony Petrarca is a starting midfielder for the Rhode Island Stingrays of the United States Soccer League. This past season was his rookie year, and Anthony contributed 17 points by scoring seven goals and making three assists. Anthony is a local boy, graduating from La Salle Academy and earning All-State honors in his junior and senior years. Currently, he is a sophomore at Providence College and starts at midfield for the Friars.

"Soccer is a very physically demanding sport. Keeping my body healthy and in peak shape is very important to me. I have never smoked in my life, and in fact, none of my teammates smoke. There is no way we could ever play soccer and use tobacco. Don't let your dreams go up in smoke. Don't ever start smoking."



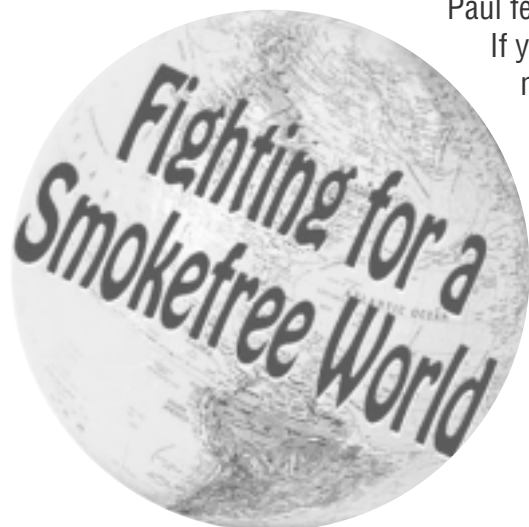
Paul Stewart

Pawtucket Red Sox pitcher Paul Stewart is always the first to sign up when the team asks for players to work with youth in clinics, talk to youth in schools or work at baseball camps. This year, Paul was awarded the Sullivan Tire Spirit Award given to the most community minded PawSox player.

At 24 years old, Paul still remembers making important choices in his life to get him where he is today. He has consciously chosen to be tobacco free. Baseball has made it easier for him to live with his choice. Many young people are not aware that minor league baseball is tobacco free. That means players are not allowed to have any

tobacco products (cigarettes or chew tobacco) in the clubhouse or on the field.

Paul feels that this sets a great example for young people. If you're at McCoy next year, look for Paul Stewart, or maybe you'll see Paul playing for the Boston Red Sox next year. One thing you'll know for sure is that Paul is taking care of himself and his body so he will be the best he can be.



Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. They believe that pictures are worth a thousand words.

Below are samples of warning labels that take up 50 % of cigarette packages — posted in both English and French.

Use the blank labels below to create three (3) new warning labels. Share with your classmates when your labels are completed.

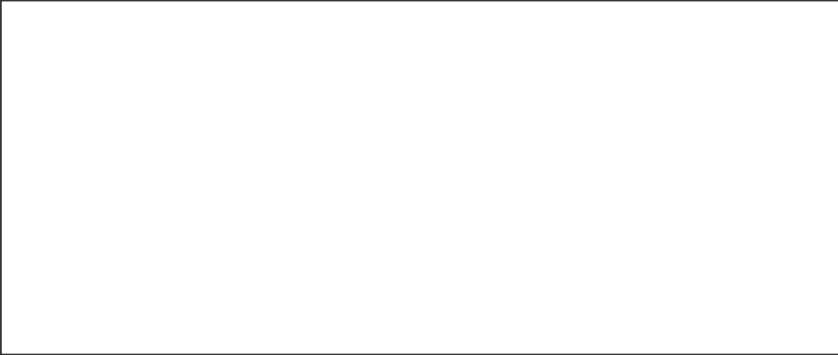




DON'T POISON US

WARNING: Second-hand smoke contains carbon monoxide, ammonia, formaldehyde, benzo(a)pyrene and nitrosamines. These chemicals can harm your children.

Health Canada



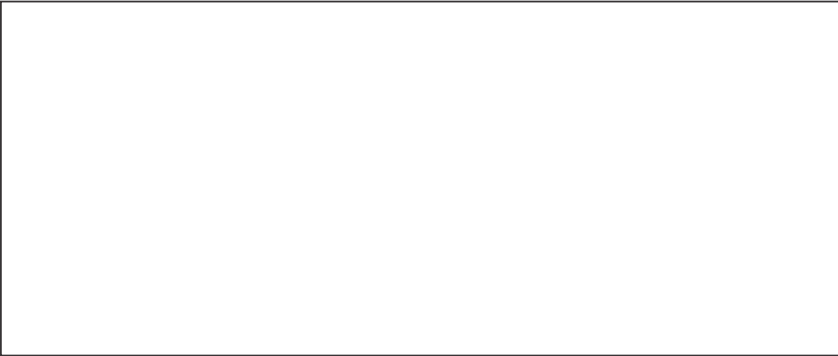
WARNING

WHERE THERE'S SMOKE THERE'S HYDROGEN CYANIDE



Tobacco smoke contains hydrogen cyanide. It can cause headaches, dizziness, weakness, nausea, vertigo and stomach aches in smokers and non-smokers.

Health Canada



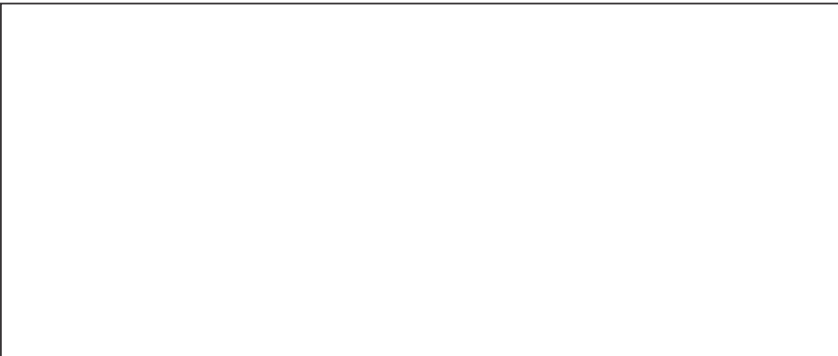


WARNING

YOU'RE NOT THE ONLY ONE SMOKING THIS CIGARETTE

The smoke from a cigarette is not just inhaled by the smoker. It becomes second-hand smoke, which contains more than 50 cancer-causing agents.

Health Canada



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ADOPT A SMOKER for the Great American Smokeout!

Thursday, November 20th†

ADOPTION PAPERS

I, _____, will do all that is within my power to help you,
_____, not to smoke during the Great American Smokeout.†

On my honor and as my part of the bargain, I promise to do the following to accomplish our goal:

- Praise you for having the willpower to give up nicotine for a day
- Reassure you that there are still only 24 hours in a day
- Help you remember your commitment to not smoke
- Be there when you need me

You, _____, on your part, will make it through the day if you:

- Hide your cigarettes, ashtrays, lighters, and matches
- Tell your friends you have been adopted and will not smoke during the Great American Smokeout
- Call me when you feel you can't resist the desire to smoke
- Refrain from visiting smoke-filled rooms or environments
- Remember that today you are leaving the pack behind

I will do what it takes to help my friend leave the pack behind.

Signed: _____ † Date: _____

I promise not to smoke during the Great American Smokeout.

Signed: _____ † Date: _____



Try To Stop! 1.800.TRY-TO-STOP (1.800.879.8678)
¡Ya No Fumo! 401.728.5920
Be sure to ask your family to go to smokefree places
(malls, movies, roller rinks, some bowling alleys,
and smokefree restaurants)

The Benefits of Quitting – Or Not Even Starting!

Look How Much You Can Save if You Quit Smoking!

Quit	You could save as much as . . .	You could . . .
1 week (7 days)	\$28.70	Go to a sporting event
1 month (30 days)	\$123	Take a family of four to a dinner and a movie
6 months (180 days)	\$738	Buy a new TV and DVD player and rent some DVDs
1 year (365 days)	\$1,496.50	Go on a trip to Florida!

** Figures based upon one pack per day at \$4.10 per pack.*

Make a list of how many other things you could be doing when you save money from not smoking.



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Do The Right Thing! Take it Outside for Your Kids.

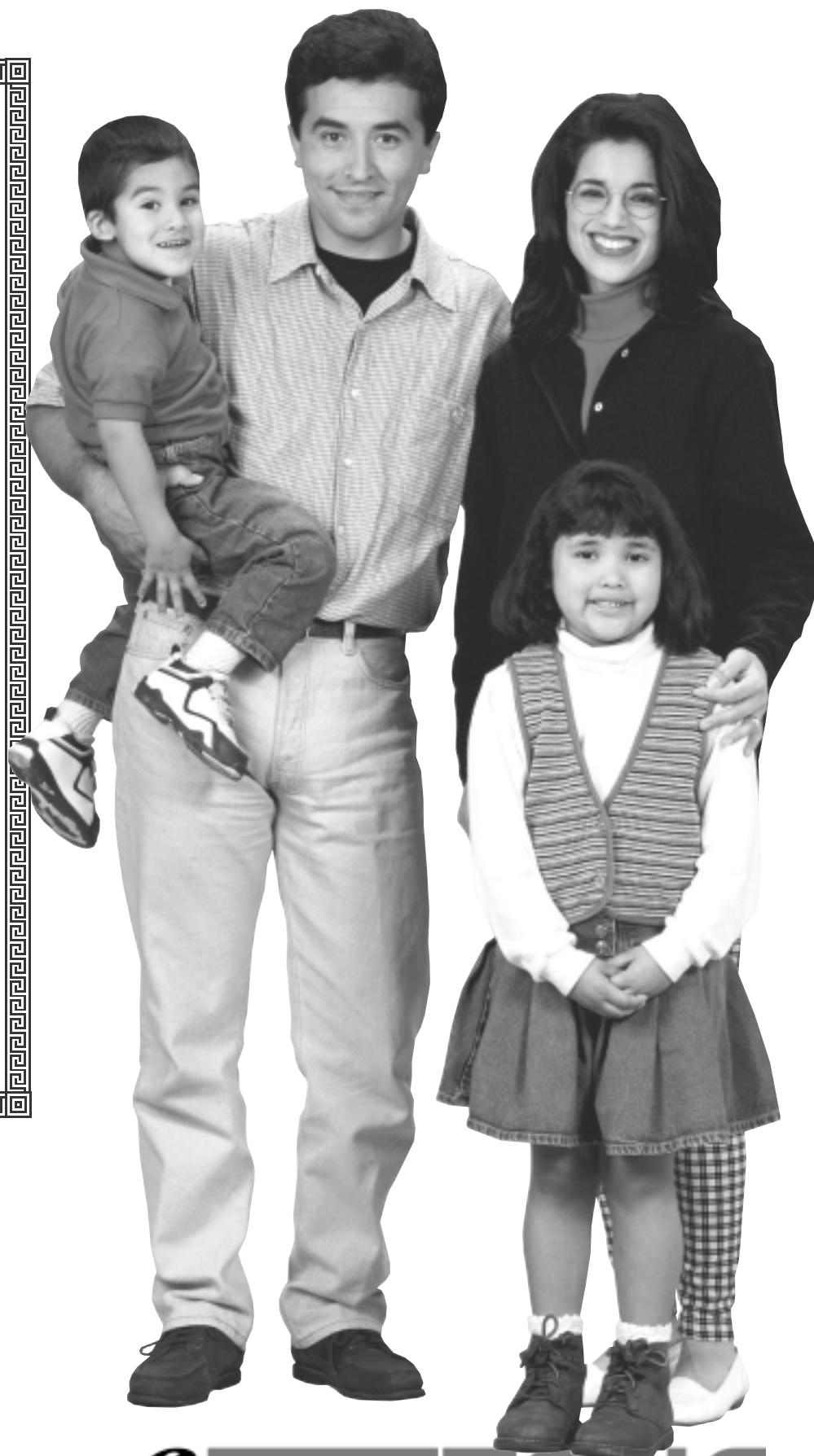
I,

NAME

on _____
DATE

*hereby pledge to maintain a
“smokefree” home and car
and continue to protect
our children from the
health risks of
secondhand smoke.*

CONGRATULATIONS
ON MAKING YOUR
HOME AND CAR
SMOKEFREE!



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Park It In The Smokefree Zone.

Hit these web pages to learn more about what you can do to make your community and your home smokefree. Go to these resources for help with school reports, information, games and activities.

www.kickbuttsday.org

www.tobaccofreekids.org

www.thetruth.com

www.CHAMPSS.com

More Facts on Tobacco

- Tobacco-related illnesses cost the nation an estimated \$150 billion each year.
- Tobacco kills more Americans than AIDS, drugs, homicides, fires and auto crashes combined.
- Cigarettes will eventually kill a third of the people who use them.

Information provided by www.thetruth.com



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Cigarette:

A stick with
a fire on
one end...

...And a
miserable
life on
the other.



Artwork created by:
Tricia Edwards
Warwick Career & Technical School
Advisor: Jann Rogers Gartner


BluePrint
FOR LIFE.

BluePrint for Life is a comprehensive health promotion and illness prevention program.

Winner of the 2003 Teen Anti-Smoking contest
from Blue Cross & Blue Shield of Rhode Island

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of Rhode Island

Your Plan for Life.™

www.BCBSRI.com

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